

A LIST OF 50 THINGS TO HELP SOMEONE GET READY FOR BEING ON THEIR OWN

1. Help them get an original copy of their birth certificate.
2. Help them get a social security card (and a wallet to put it in).
3. Enroll them in a school program in which they can succeed.
4. Help them get a picture identification card.
5. Find out if they are eligible for a Medicaid card.
6. Help them get copies of medical records.
7. Start a “life book” that will contain all of their important papers *and* pictures.
8. Help them open up a bank account.
9. Teach them how to write and cash a check or money order.
10. Take them for a dental checkup and line them up with a dentist they can continue to use when on their own.
11. Take them for a physical and line them up with a doctor they can use when the, are on their own.
12. Help them put together a family scrapbook.
13. Help them renew contact with family members.
14. Help them develop at least one friendship.
15. Line them up with a good counselor.
16. Take them to join a local recreation center.
17. Teach them some new ways to have fun.
18. Connect them with a church group.
19. Help them find a better paying job.
20. Make sure they really understand birth control.
21. Show them the best place to shop for food, clothing, furniture, etc.
22. Help them learn how to look up possible resources in the phone book.
23. Help them work through an independent living skills workbook.
24. Teach them how to read a map.
25. Take them on a tour of the city.
26. Teach them how to use the bus system and read the bus schedules.
27. Buy them an alarm clock and teach them how to use it.
28. Help them get a library card and show them how to use the library.
29. Help them get a driver’s license and price insurance.
30. Role play contacts with police, bank tellers, doctors, landlords, etc.
31. Role play several different styles of job interviews.
32. Help them put together a resume and a fact sheet with information needed for filling out applications.
33. Make a list of important phone numbers.
34. Teach them how to cook five good meals.
35. Teach them how to store food.
36. Teach them how to use coupons and comparison shop.
37. Teach them how to read a paycheck stub.
38. Teach them how to use an oven and microwave.
39. Teach them how to thoroughly clean a kitchen and bathroom.
40. Take them to a session of adult court: traffic and criminal.
41. Tell them how to get a lawyer (and when to get one).
42. Help them understand a lease or rental agreement.
43. Teach them how to do their taxes.
45. Help them develop good phone communications skills.
46. Go over tenant and landlord rights.
47. Help them find a safe, inexpensive place to live.
48. Teach them how to budget their money.
49. Help them find and get along with a potential roommate.
50. Talk to them often about their feelings about going *out* on their own.